

**FWA NEWS FLASH**  
**SEPTEMBER 2005**

**CALENDAR UPDATES:**

01 Sep – Moose Season Begins  
02 & 03 Sep – Case Lot Sale  
02 Sep – Training Holiday  
05 Sep – Labor Day – Federal Holiday  
**06 Sep – Taku Gardens Housing Expansion Special Town Hall Mtg – info below**  
**07 Sep – FREE Soldier Show @ 1930 Herring Auditorium – more info below**  
**09 Sep – FREE Wrestling Extreme @ 1900 @ Melavan Gym**  
13 Sep – Housing Mayors Luncheon  
17 Sep – OSC Super Sign Up  
14 & 15 Sep – Newcomers Orientation  
15-17 Sep – Commissary Case Lot Sale  
19 Sep – National Hispanic Heritage Event  
20 Sep – Parents Night Out  
21 Sep – Home School Support Mtg  
07 Oct – Training Holiday  
10 Oct – Columbus Day – Federal Holiday  
12 & 13 Oct Newcomers Orientation  
17 Oct – Garrison Senior Spouse Luncheon  
18 Oct – Housing mayors Meeting  
18 Oct – Alaska Day  
21 & 22 Oct – OSC Holiday Bazaar  
25 Oct – Town Hall Meeting

**UPCOMING TRAINING & CLASSES:**

For September training/class dates on several different topics go to  
<http://MWR.polarnet.com>

**FINANCIAL READINESS CLASSES:** 1<sup>st</sup> Term Soldiers Financial Readiness Training – 1 Sep, 9am, Budgeting – 6 Sep, 10am, Credit Management – 6 Sep, 3pm, 1<sup>st</sup> Term Soldiers Financial Readiness Training – 8 Sep, 9am, Banking and Credit Union Services – 9 Sep, 10:30am, Personal Financial Readiness – 12 Sep, 2pm, **Check Writing and Checkbook Maintenance – 13 Sep, 9am**, Consumer Skills and Scams – 14 Sep, 11 am, **Finance Your Move – 14 Sep, 1:30pm**, 1<sup>st</sup> Term Soldiers Financial Readiness Training – 15 Sep, 9am, Debt Management – 19 Sep, 10am, 1<sup>st</sup> Term Soldiers Financial Readiness Training – 22 Sep, 9am, Understanding Insurance – 23 Sep, 10:30am, 1<sup>st</sup> Term Soldiers Financial Readiness Training – 27 Sep, 9am, Savings and Investing – 28 Sep, 10am, **Finance Your Move – 28 Sep, 1:30pm**, 1<sup>st</sup> Term Soldiers Financial

**Readiness Training – 29 Sep, 9am** Class size is limited. Classes are subject to cancellation. All classes held at Bldg 3401, RM 117 or 126. 353-7438.

**Healthy Lifeskill Classes:**

- ANGER MANAGEMENT Sep 20&21 Tue/Wed, 1-4pm (ATTEND BOTH DAYS)  
Get a better understanding of your individual styles of anger-the benefits, the limitations, and if you want to change that style, ideas on how you can do that. Learn valuable and lifelong anger management skills.

- STRESS MANAGEMENT Sep 19, Mon 1-4pm Learn how to deal more effectively with your stress. Look at some of the basic causes of stress, learn relaxation strategies, and design your personal stress management program.

- COMBAT STRESS Mon, Sep 26, 1-4pm, Get a better understanding of combat related stress, and how it affects soldiers and families. HEALTHY

- COMMUNICATIONS Thu, Sep 29, 9am-Noon, Learn how to speak your mind in a positive way, and to handle your communication challenges with confidence, openness, and competence, in a style that's comfortable for you.

**Parenting Classes:**

- DISCIPLINE Sat, Sep 10 or Mon, Sep 12, 1-4pm Learn new and age appropriate discipline techniques to use in your home.

- DAD'S TRAINING CAMP Fri, Sep 16, 1-4pm This class is just for new dads and dads to be.

- BRIGHT BEGINNINGS Wed, Sep 7, 9am-4pm This class is for expecting parents. Topics such as nutrition and breastfeeding, infant safety, infant care, and child development will be presented. All classes held at ACS, Bldg 3401. 353-4248

**ACS FAMILY ADVOCACY PROGRAM Classes** are offered once a month at Army community service Bldg 3401. Call 353-4248 to register for classes. Classes are also available for unit briefings and readiness groups, please call to schedule. Class will begin promptly at scheduled times.

**FAMILY READINESS GROUP TRAINING:** Treasurer Training Fri, Sep 15, 9:30-11:30am or 6-8pm; Special Events Planning, Thu, Sep 29, 9:30-11am or 6-8pm  
Classes held at ACS, Bldg 3401, 117. 353-4374/4331

**INFORMATION:**

**TAKU GARDENS HOUSING EXPANSION SPECIAL TOWN HALL MEETING  
WILL BE HELD ON TUESDAY 6 SEP AT 1800 HELD AT YOUTH SERVICES  
GYM.**

**THE U.S. ARMY SOLDIER SHOW**, Wed, Sep 7, 7:30pm Hering Auditorium, FREE. Those with military ID will have priority entry from 1830-1900 and then FREE admission for the public will begin.

**WXW WRESTLING**: , Fri, Sep 9, 7pm, Melaven Gym, FREE

**ARCTIC OASIS** is open Mon-Thur from 4-10pm and on Fri & Sat from 7pm-3am(may close earlier). Movie and dinner nights are Thur & Fri all at 7pm. All movies are FREE!!! Dinners start at 6pm. Offering a “munchies” menu! 353-1085

**ARCTIC OASIS FREE MOVIES!!**

Thur Sep 1, MR & MRS SMITH PG-13  
Fri Sep 2, THE HONEYMOONERS PG-13  
Thur Sep 8, UNLEASHED R  
Fri Sep 9 REBOUND PG  
Thur Sep 15, HERBIE: FULLY LOADED G  
Fri Sep 16, BATMAN BEGINS PG-13  
Thur Sep 22, FANTASTIC FOUR PG-13  
Fri Sep 23, CINDERELLA MAN PG-13  
Thur Sep 29, HOUSE OF WAX R  
Fri Sep 30, BAD NEWS BEARS PG-13

**ADAM ACE, FREE!!!**, Armed Forces Entertainment (AFE), Crazy Comedian, Thu, Oct 1, 7pm, Arctic Oasis, 353-1085

**ARTS & CRAFTS CENTER New Hours**: Tue-Sat 11am-8pm  
FREE Classes!!! WOODSHOP Qualification: Wednesdays, 6pm Sep 7, 14, 21 & 28 // Saturdays, Noon Sep 10, 17, 24 CERAMICS Thurs, Sep 8, Noon-2pm, SEWING Sat, Sep 10, 2-3pm, INTERMEDIATE FRAME: V-Grooves Sat, Sep 24 3pm-4:30pm PAID Workshops!!! 3D PAPER TOLE \$15 Tue, Sep 6, 6pm; Wed, Sep 21, Noon-1:30pm, PRESSED FLOWER STAINED GLASS \$15 Fri, Sep 9, 6pm-7:30pm; Tue, Sep 27, 12:30-2pm; Thu, Sep 29, Noon-1:30pm, KIDS WORKSHOP -\$5 a child- Saturdays 2-3pm...Sep 10: Scratch Paper; Sep 17: Yellow Ribbon Beading; Sep 24: Handprint Wreath with Photo, POTTERY WORKSHOP \$35 Sat, Sep 17 2-6pm, BEADING \$10 Thu, Sep 15 & Fri, Sep 23: Noon-1:30pm “Necklace”, 6-7:30pm “Bracelet” Bldg 3727 Neely Rd., 353-7520

**AUTO CRAFT SKILLS CENTER**: September is an excellent time to get your vehicles winterized. Don't wait for the last minute. The “24/7” car wash will be going back to winter hours at the end of September, it will be open during normal operating hours which are Wed, Thu&Fri Noon-8:30pm, Sat&Sun 9am-5:30pm. Bldg 3730 Oak St., 353-7436

**NUGGET LANES BOWLING CENTER** summer hours are: Mon-Fri 11am-2pm, Fri 6-10pm and Sat 6-10pm (thunder alley). New winter hours coming. Special pricing on punch cards on Friday nights! 353-2654

**MELAVEN GYM--SWIMMING POOL:** (Revised) Tues&Thur Noon-2:45pm & 4-7pm, Wed 11-2:45, 4-7pm, Fri 11-2:45pm & 4-6:30pm, Sat 11:45am-5:30pm, Sun& Mon& Holidays Closed, 353-1995  
MELAVEN GYM Hours: Monday-Thursday 5:30am-8 pm, Friday 5:30am-7pm, Sat, Sun, Holidays 10am-6pm

**FAMILY ACTIVITY & MOTIVATIONAL EXERCISE F.A.M.E.** Starts back up at **Melaven** Gym Wed, Sep 7 (Mon, Wed, Fri 9:15-11:15am). This is a Military Spouses program to use the Gym exclusively to work out and bring your children if you have any. This year FAME's childwatch will be a volunteer co-op with a schedule. No more hour for hour. 356-1281, [JDJLC1@aol.com](mailto:JDJLC1@aol.com)

**ICE ARENA:**

- OPEN RECREATION SKATING:

Fri, 5:30-7:45pm, Sat&Sun 1-4 pm Fees: Ages 5-17 \$2, Ages 18+ \$3, Family (3 or more) \$7

- LUNCH HOUR FREE SKATING: Mon&Wed 11:45am –12:45pm (open skating) Tue&Thu 11:45am-12:45pm(stick hockey) no fee  
REC HOCKEY: Sun 5:30–7:45pm (authorized DOD I.D. Card holders and guest only) \$3 fee

- SKATE RENTAL \$1. The ice rink is available for birthdays, hockey, unit parties, and other group skating activities. Reservations must be made seven days in advance. Call Kevin at 353-7275 for reservations and information.

**OUTDOOR RECREATION:** 353-4089/7746/2652

- DENALI NATIONAL PARK TOUR LAST ONE OF 2005, Sat, Sep 3, Departs 8am & returns midnight \$69 adults, \$39 children under 12;

- BOATER SAFETY PROGRAM Sat, Free 1pm-5pm (time varies depending on class size)

- CHENA RIVER BOAT RIDES Date: Sun, or by customer demand Time: 1-3pm. Length of ride, approximately 1.5-2 hours Location: Leaves from Glass Park boat launch Fee: \$10 per person, minimum of 4 people;

- CLEARWATER SILVER SALMON 23-25 Sep & 30Sep-1Oct Cost \$45

- NAF SALE Furniture, Electronics, etc. Fri, Sep 16, 9am-4pm Murphy Hall

- FREE BASKETBALL CLINIC Sep 10 for 3-4 years old children. Registration with CYS required, 353-7713.

- **Basketball & Cheerleading Registration:** September 19 – 23 (one week only) Central Registration (Bldg. 4176), Season Runs: Oct 10 – Dec 9  
MANDATORY SKILLS ASSESMENT for basketball players on Oct 1 *Must have a CYS membership, current sports physical (within the past 12 months), and up to date shot records with you at registration. **Need Volunteer Coaches. Coach and your first child plays free. Must pass a local background check. 353-7482***

Come out and join us for **PLAY MORNING** 9:30-11am at the Brown Building (Bldg 4391). Join us for play, activities, crafts, songs, stories & snacks! For parents, and children aged 0-3 years. We look forward to seeing you!

**FAMILY CHILD CARE (FCC)** is now available for full time and hourly care. Trust your kids to FCC if you have a medical appointment, move into a new home or are a part-time student. Some providers are willing to provide care on weekends and in the evenings. We also have immediate opening for all ages in full-time care. Become a Fort Wainwright FCC Provider and learn about child growth and development, learn to be a better parent, CPR and first aid, make new friends and stay at home with your own children while extending your family with other Army children. 353-6266.

**PARENT'S NIGHT OUT:** Sat, 17 Sep, 11-3pm, Child Development Center, Bldg 4024, \$14.00 per child. Register by Fri, 9 Sep and pay by Thu, 15 Sep.

**YOUTH CENTER HOURS:** Mon-Thu 2:30pm-8pm, Fri 2:30pm-11pm, Sat 10am-11pm, (YS closed, 3 - 5 Sep, for Labor Day Holiday) 353-KIDS Power Hour, Mon-Fri, 3pm-6pm; All clubs start up on 6 Sep; 4-H Cooking Club, Sep 17, 10am; Keystone Club, Sep 13 5pm; YS Quarterly Volunteer Awards Ceremony, Sep 14, 6pm; Smart Moves, Sep 15, 5pm; Roller Skating Party, Sep 16, 7pm; SKATE PARK Family Days every Sat 10am-3pm It will be mandatory that parents are present during these times. Skate Park for Youth hours Mon, Wed, Fri 3-7pm, and Sat 3-10pm. All youth are required to have a completed "skate park packet" (parental consent-Indemnity form, application & agreement form, and release of liability) before skating at the YS park. Also, during YS skate park hours all users are required to not only have a completed skate park packet, but be registered members of CYS (unless during "Family Skate.")

### **VOLUNTEER NEEDED for Relocation Assistance Coordinating Committee!**

Relocation Assistance Coordinating Committee (RACC) meets quarterly to ensure the systems we use to welcome Soldiers and family members to Fort Wainwright and prepare Soldiers and family members for departure from Fort Wainwright are effective. Youth must be in grades 7 and above and serve for a period not to exceed one year. Youth must be nominated (by self or an adult)

Nomination must include contact information (name, address, telephone number, email address) and a brief paragraph supporting why this youth should be considered. Meetings occur once per quarter as part of the Mega-Meetings with the Garrison Commander. Nominations must be turned into Dave Start, Bldg 4176. Further contact information listed below. Contact Dave Start at: 353-YESS or email [william.start@wainwright.army.mil](mailto:william.start@wainwright.army.mil) if interested in volunteering.

**The POST LIBRARY** is open Monday-Wednesday from 11am-7pm and Sat&Sun from Noon-8pm. The new catalog can search FWA's Post Library, FRA's Post Library, and FRA's Education Center Library simultaneously. The new catalog is a web site reachable at <http://207.67.203.69/F20016> We are now able to order books and other media. Current best sellers should be here soon. Remember that Ft. Wainwright's children and teens may participate in the Summer Reading Program at the Noel Wien and North Pole Libraries.

**HELP WANTED!** Become a flex Child & Youth Program Assistant for Child & Youth Services Programs! Benefits: Free education, good pay, future career opportunities throughout the world, and a possible move into regular full & part time jobs when positions become available. If interested go to room 121, Bldg 3401 Santiago Ave. 353-7378.

### **ADOPT A PET:**



TUNA was left behind when his owners moved away about a month ago. A neighbor coaxed him into a kennel with a can of tuna and brought him to the Stray Animal Facility. He so thoroughly enjoyed the tuna, hence his new name! Tuna is a quiet, handsome, muscular feline - he is one hunk of a cat! He is completely litterbox trained, is up to date with vaccinations, and is already neutered. You can visit our office on Oak Street next to the power plant.



MINDY is a small, slender kitty who is still a young girl. She is very mellow and quiet, but is also social and affectionate. A really special cat! Everyone loves her. She is up to date with her vaccinations, is housebroken, and is already spayed. See more photos of both Tuna and Sheila on our web site at: <http://www.petfinder.org/shelters/AK16.html> 3597 Oak Street 353-5782

**HOT! NEW LOCATION FOR PLAY MORNING:** Come out and join us for **Play Morning** 9:30-11am at the Brown Building (Bldg 4391). NEW LOCATION! Join us for play, activities, crafts, songs, stories & snacks! For parents, and children aged 0-3 years. We look forward to seeing you!

**VICTIMS OF SEXUAL ASSAULT:** Victims of Sexual Assault no longer have to tell their Platoon Sergeants/ Leaders, First Sergeants, or Commander's that they have been assaulted. Please contact the Sexual Assault Response Coordinator at 353-4202, Chaplain, Health Care Provider or Unit Victim Advocate to report an assault. You have the right to have an examination done without having law enforcement or CID involved. Call 353-7535 to report Spouse and Child Abuse/Neglect.

#### **HOUSING MAYORS:**

- Bear Paw – Sally Myers, 356-3214, [sallyandpete@yahoo.com](mailto:sallyandpete@yahoo.com)
- Birchwood – Renee Rusk, 356-8148, [Renee7797@yahoo.com](mailto:Renee7797@yahoo.com)
- Chena Bend – Lisa Rotte, 356-1885, [lisa.rotte@us.army.mil](mailto:lisa.rotte@us.army.mil)
- Gertsch Heights – Denise Green, 356-1815 , [d11g95@hotmail.com](mailto:d11g95@hotmail.com)
- Southern Cross – Maureen Bell, 356-6473, [samstyly51@yahoo.com](mailto:samstyly51@yahoo.com)
- Northern Lights – volunteer needed
- Northtown – Richard Wilken, 356-8604, [Richard.wilken@wainwright.army.mil](mailto:Richard.wilken@wainwright.army.mil)
- Taku Gardens – volunteer needed
- Walden Estates – Elton Latin, 457-4195, [Elton.latin@wainwright.army.mil](mailto:Elton.latin@wainwright.army.mil)